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Addicted to Unhappiness: Free yourself from the moods and behaviors that undermine relationships, work, and the life you want Paperback – March 29 2004 by Martha Heineman Pieper (Author), William J. Pieper (Author)

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The thing is that we are not addicted to unhappiness, we are conditioned and programmed for it as a thousands of years old survival mechanism.

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So I am addicted to unhappiness This book is for those who are thesis driven readers, who enjoy learning why we do the things we do i.e. respond aggressively, take criticism, self sabotage all acts of a person who probably unknowingly addicted to unhappiness constantly recreating negative events and experiences.